

state of all healthy men and women. Celibacy—whether accidental or intentional—is a condition of body and mind leading to abnormality of thought and conduct, fraught with grave risks to the individual as well as to the general social welfare. To the search for comfort in material matters, and to an exaggerated belief in its value, Mr. Heape attributes some part of the present decrease in the birth-rate; but he sets down a larger share to the conditions of modern civilisation, which tend to disarrange the balance of life—especially for women—and leave them with insufficient energy for the due performance of their primary function of maternity.

In connection with this point, Mr. Heape has some interesting remarks to make on the manner in which certain aspects of our modern social life—especially recent ideals in education—tend to emphasise and glorify the subordinate rather than the dominant sex characters. Women have suffered greatly in their essentially womanly characters by the attempts to approximate their training to that of men. Racial progress comes rather from emphasising the dominant sex characters, whereby men develop greater virility and women become more distinctly feminine in their physical qualities and mental outlook. "It is the dominant qualities which tell in the struggle for supremacy." But, as Mr. Heape realises, to reverse the present tendency and to increase in the interests of the race the divergence in training and outlook between the two sexes makes it all the more necessary for society, in the interests of the individual, to consider well the safeguards and adjustments required as a preparation for a happy, sympathetic and stable married state.

C. D. W.

**Mjøen, DR. JON ALFRED.** *Race Hygiene.* Kristiania; 1914; pp. 265; 42 tables and illustrations.

DR. MJØEN treats his subject under the three headings of "Generation," "Degeneration," and "Regeneration," and though the latter, dealing with constructive eugenics, is naturally the most important and of the greatest social interest, yet there is much suggestive and stimulating matter in the earlier chapters, notably in those dealing with the still unsolved riddle of influences possibly affecting the germ-plasm, such as racial poisons. There is a disquieting suggestion that these, though liable to harm both the individual and the germ-cell, may in certain cases, leave the former undamaged while working disaster upon the latter. But in admitting the probable action of alcoholic poisoning in this respect, the author nevertheless makes strong reservations, believing that the strength of the alcohol and the quality of the stock must be taken into consideration as the chief determining factors. This theory forms the basis of the legislative reform introduced by Dr. Mjøen in Norway, of a progressive tax on alcohol regulated in accordance with its strength.

Dealing with the rapid increase of the unfit and the correspondingly rapid decrease of the fit, some illuminating statistics are given illustrating these conditions in certain parts of Norway, and one may draw certain general conclusions from the birth-rate figures in different social classes, e.g., in Kristiania the birth-rate, which in 1899 was 35 per 1,000, had fallen in 1906 to 25.6 per 1,000, and these figures on further analysis show a wide difference between the proportion among the well-to-do (17 per 1,000), and the poorer classes (31-36 per 1,000).

Many valuable data have been brought together illustrating the results of cross-breeding between various races, the deduction drawn from these by the writer being that, beyond a certain limit, the more distinct the types, the greater the racial deterioration displayed by the offspring.

Dr. Mjøen's programme for applied eugenics proposes on the negative side, optional segregation for the feeble-minded, epileptics and other physically and mentally crippled individuals, but obligatory for

drunkards, habitual criminals, and those who refuse to work, while with regard to sterilisation he is not prepared for any wholesale or drastic measures, contenting himself with the suggestion that for sexual and some special types of criminals measures other than those hitherto in use should be seriously considered by the State.

Most eugenicists will be strongly in favour of his programme for positive eugenics, which includes biological teaching in schools and universities, an institute for genealogical research and a State laboratory for eugenics, maternal insurance, and other protective measures of a pre-natal nature, and last but by no means least, a regulation of taxation and wages for those with families to support.

It may be mentioned, in conclusion, that one of the most interesting pieces of original research work carried on by Dr. Mjöen in his laboratory at Winderen has been the measurement of the musical quality in a great number of individuals as a means of throwing light on the problem of the inheritance of mental characteristics.

The volume indeed treats of so many and such varied matters of interest from the point of view both of the scientific investigator and the practical reformer that it is to be regretted no English or French translation is available.

N. A.

**Harman, N. BISHOP.** *Slaying the Plague.* Methuen and Co.; 1917; pp. 120; 1s. net.

THIS is a small book forming one of Methuen's Health Series. It is really readable, which many small books are not, and in these days, when so many pessimists write books that must be intended to make our flesh creep, it is a relief to come across one which is truthful and wholesome as well as cheering. The keynote of the book is struck on page 5, where the union of two cells is described so arrestingly "like unto the pair that were lost in the making of it but better, stronger and fitter to carry on the torch of life." No doubt Elijah's lament "I am not better than my Father" was based on this great desire—to see the next generation better than his own and his great fear that it was not to be fulfilled. The chapter on "Sex and the Individual" is an excellent short statement of a difficult subject. It might with advantage be read by all boys and girls; they could get nothing but good from it.

The notes on Report of Commission on Venereal Disease—the plague referred to in the title, of course—are well done, and the Local Government Board scheme plainly described. The present writer is not at one with the author in his desire for the immediate suppression of quacks. The British nation does not stand compulsory measures well, which, indeed, often defeat their own ends and make the evil they are trying to combat worse. Moreover, there will probably be little need to "set people's backs up" by doing this, because if the Government scheme succeeds and the work outlined in it is properly and thoroughly done by the medical profession, the quacks will die a natural death. It is a great thing that this great sore has been brought out into the open and looked at frankly, and a wholesome book like the present one makes us feel that at the worst things are not so bad as so many pessimistic croakers would have us believe.

J. W.

**Cabot, E. L., and Eyles, E.** *Character Training.* A Suggestive Series of Lessons in Ethics. Geo. Harrap and Co.; 1916; pp. 384; price 3s. net.

THIS is a volume of moral tales for use in the elementary school. Written in the first instance for American children, it has been adapted for use in English schools. It still, however, has its transatlantic origin written all over it. Reading matter is provided for eight years, and for each year a special topic is dealt with. These topics are:—Helpfulness, Home Life, Work, Golden Deeds, Loyalty, Friendship, Patriotism,